

Healthy Kansas Minute Radio Interview – Fruits and Veggies

I'm Jennifer Church, Nutrition Coordinator with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute. In March, KDHE is reminding people to eat plenty of fruits and vegetables.

Eating on the go can feel chaotic, but it's really simple – dried fruit is perfect. For longer trips, especially with kids, you can make goodie bags with sliced fruits and veggies.

Spring and summer is an excellent time to add more fresh fruits and vegetables to meals prepared at home.

For more ideas, visit www.fruitsandveggiesmorematters.org. This has been the Healthy Kansas Minute!